



**MARCH 31, 2020**  
**6:30 PM – 7:30 PM**  
**PMSI DIABETES**  
**PREVENTION FREE**  
**PROGRAM**

**Get healthy, stay healthy and avoid diabetes!**

Join our **FREE** program proven to prevent or delay Type 2 diabetes (the most common form) in many people. A trained lifestyle coach works with you, showing how you can take charge of your health with tasty meals, reduced stress, and regular exercise.



**Join us Tuesday,  
March 31, 2020  
from 6:30 pm –  
7:30 p.m. at**

**Boyertown  
Salvation  
Army**

**409 S. Reading Ave.  
Boyertown, PA**

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**Call or e-mail**

**Debbie Zlomek  
at 484-318-0566  
dzlomek@pmsiforlife.com**

**or Amanda Kulp  
at 484-318-6562  
akulp@pmsiforlife.com**

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**You can feel better,  
stronger, more  
energized, all at no  
cost!**

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